WASHINGTON, D. C., WEDNESDAY MORNING, JUNE 19, 1895.

Knowledge-Seeking After Sundown

HELP GIVEN BY NIGHT SCHOOLS TO BUSY WAGE EARNERS

Usefulness of a Branch That Should Receive Every Aid and Encouragement.

"ur environments are stumbling blocks, or Ster ping stones, just as we use them." -Hims.

every community there are many persous to whem the advantages of the day schools are not accertible because the time usually devoted to educational purposes must be used for the procuring of the becommittee of life. In a large city is this especially true where there are no many young persons who must support th maseries by their own elects, and on whom so frequently talks the daty of clothing and fredleg a widowed mother or percaps orphaned brothers and sixt re-These have no time to attend the day schools, but must extisfy their longing for an education and their amount on for a Letter station in ele which such education heips to secure by intending school at such times as their work permat. For each as there, a most do crying and worthy part of any cary's population, and for such grown men and wo sen as have through necessity been deprived of the means of getting an educa-tion or through inglest have tabled to this advantage of a public school system. who have late in life come to a realization of the great benefits accroing from an eo cation, have night schools been thrown

a the full of 1885 a number of charitably Inclined ladies of this city organized themselves into a body for the purpose of Inlining a fund for the education of such s in Washington as could not attend a stroots, but were anxious to acquire widge. By their efforts sufficient y was taked with which, together with a small sam available from the apwith a finall sain available from the ap-propriation for public schools through Con-grass, four schools were organized, two for white and two for colored pupils. The white schools were located in the Franklin School building, while the as-mous of those for colored youths were held in the Simmer school, each school having a corps of four teachers, one principal and these assistants, or exteen teachers for the entire system.

Great pains were taken in the planning stain care was token that they should be carefully and systematically continued. The realized the trial peat were both arms-ing and encouraging, and as a fitting testimound to the urgent pressity for the ex-istence of night schools in conjunction with a range city system of puriod schools. The attendance was far in excess of all milici-pations and to such an extent as to neces-sitate in current away of fining who were anxious to take advantage of the free evening training. There was an average mightly chrollment of about 300 for the white achools, and of about 230 for the

Who came the first eight, with the exception of some few who dropped in out of curiothy, or as more adventurers, perhaps, continued with unabated seni and attention through the thiff; seven sessions to the final closing of the schools in April, 1886. There mights of each week from 7 to 9 were devoted to study at school f the English branches, including reading, Hing and English composition, arithmetic

It was very gratifying to those in charge to note the interest and perseverance with which the young men and women took ad-

vantage of the opportunities afforded them for their improvement.

Thus were the beginnings of the night schools in connection with the public school system of the District of Columbia, which new occupy such an important place in the education of the youth of Washington.

During the next year there were three white achoes, instead of two, with four teachers each for which one-half of an appropriation of \$2,500 obtained from Congress was available to the white schools. The in-crease of attendance was great, showing the interest which the schools had created the first year, and attesting the great

value of night schools as an educative force. Free bundled and forty-four pupils were enrolled in the various schools, located at th Frankin, the Henry and the Penbody build-ings, for the first six divisions. These buildings were located so as to accomplish the greatest good to the greatest number. The curriculum was extended so as to embrace booldes the studies of the previ simirace busines the studies of the previous year coarses of lectures on physiology and hygiene, physical geography and civil gov-erament. A careful canvas of the pupils attenting the night schools showed that all wereengaged during the day in some useful. bread-earning occupation, and were thus prevented from attending the day schools. Soperanteeden: Powell, in his report for 1889-80, says: "The value of night schools has become more apporent year by year.

"A few pupils come to each school at the opening for adventure, or they come expecting to find 'learning made easy,' but being deleated in the out or disappointed in the other, soon withdraw.

"This dropping off of attendance leaves a most carnest, deserving company of learn-

"No money or efforts expended for education in the District gives relatively more valuable or satisfactory returns than that paid for the night schools."

Manual training was introduced into the night school curriculum during the year 1889-90, a school of cookery and one of sewing having been staned. The former, testified to by the large attendance, was very successfully conducted, but, after a few lessons in sewing, those attending were so few in number that it was deemed advisable to drop this branch of study at

Admission to these classes is open to any one not a pupil in the graded schools. Many one not a pupil in the graded schools. persons have been prepared by the cooking lessons to do more of the work at home and many others enabled to establish homes of their own, who, from all reports, have been successful. Those who have kept hoses and done much of the cooking have frequently given the assurance that they have gained anoch valuable information from the lessons. The work with these classes was essentially the same as that given a the day schools.

Another important feature in connection with the night schools during the

pear was the assigning of a tracher to the Newsboys' Home. That this ex-pansion of the system was attended with success the following letter from Mary B. Ferry, the secretary of the Newsboys'

B. Ferry, the secretary of the Newsboys' and Children's Aid Society, will show.
"I am requested by the ladies of the Newsboys' and Children's Aid Society to thank you for your kindness in farnishing the home with a teacher for the night school the past year. The school has proved a great success and Mr. Murch a faithful and efficient teacher. The class of boys has been a large one, including both colored and white children and we

are confident that much good has been accomplished."
Ten schools, including the school of cookers, having an exhibitent of 1,352 persons, were taught by twenty-four exchers at an expense of \$2,800 during

A night high school was now established and proved a great incentive to the pupils of the lower grades in having a goal toward which to work. The promise goal toward which to work. The promise of receiving a certificate showing that a coarse of night school training had been completed was of the greatest value to the schools, the attending pupils, and the community at hare. The students became perceptibly more regular in their attendance and a marked improvement was shown in the scholarship of the schools feveral certificates were carned be pupils during the year just ended, having graduated from the Night High School. During the first year the Night High During the rist year the Night High School occupied the Franklin School Build-ling under the direction of one teacher, who find under him niteteen pupils at the beginning of the year, this attend-ance steadily growing until at the close of the session there were seventy-five pupils enrolled, the faculty having been creased to six teachers, including the incipal, Prof. F. A. Springer, who has been the lead of this department of the other schools since the beginning up to

the present time.

The following extracts taken from an article on the Night High School by Raiph R. Union, of the Business High School, which appeared in the paper representing that achool, will be interesting as show-fife the present scope of the Night High School.

On March 11, 1895, the Night High "On March 11, 1895, the Night High School closed the most successful year of its existence. This year has demonstrated that the attendance of the pupuls is sufficiently regular to warrant the assumption that appreciation of the advantages of the school is greatly on the increase. In some of the classes the attendance on the part of the majority of the pupils compared in regularity very favorably with that of many of the day schools, and when one considers the obslices and temptaone considers the obstacles and tempta-tions to be surmounted by those who at-tend from evening to evening the re-sults attained by this school, both in attendance and scholarship, are very sur-

The total encollment was 420. Of this number 372 were under twenty-live years number 372 were under twenty-five years of age; 42 between twenty-five and thirty-five; 3 between thirty-five and forty-five, and 3 over forty-five. One pupil, when raked her age, remarked "My gray hair speaks for itself." This great diversity in the age of the popils does not cause that endurrassment on the part of teachers that one would think it might, as ready all who come and brave the storm and sleet of winter and resist the allurements, social and other, which conspire against social and other, which conspire against regularity in attendance, to get the few hours of instruction here weekly distrib-uted, are of the material that no elight disparity of age in classes lessens their enthorisans for instruction or blunts their inclination for knowledge. It is well to

The curriculum embraced the following studies: Latin, backkeeping type writing, drawing, arithmetic, geometry, shorthand, and fergish. There were many in the faculty who are also teachers in the Business High School. These two schools are also teachers in the Business High School. These two schools have always worked hand in hand. They have occupied the same building since the emphisisment of the night school, as the inter school has felt the need of type writers and other concomitants, which are only axailable in the flusions High's

This Night High School fills a pec This right high section the a peculiar niche in our common school system of the District, and it should be given greater encouragement. Those who ritend, both teachers and pupils, do so with great sacrifice of both private business and social duties, and at the present writing the grea been at the closing hours the pupils have been clamoring for an increased cur-riculum, and have asked that courses be added in light, Grick, German, and French. The great enthusiastin shown this year in a new course in rhetoric introduced in the English department and the desire of th English department and the desire of the geometry class to continue their course after the close of the school under Miss Throckmorous shows the caliber of the average Night High School pupil, and when we consider that many of these very pupils are themselves taxpayers, it seems that greater and closer attention should be given to their wants."

While the interest in the various night chools does not cease nor the high standard. of the teaching decrease, still the attendance, averages about the same from year to year, showing that at present the system, em-bracing both the city and county, is adequate

for the demands made upon it. for the demands made upon it.

The teachers employed are almost universally taken from the day school corps and it has been proved that these teachers by their experience are far better adapted to the work than those taken from outside who frequently think that the night school is a good place to experiment as a stepping stone into the day schools. It has also been found that those schools whose principals have held the same school from year to year are by far the best conducted and do the greatest good to those attending

The following figures showing the status of the white schools this year are interesting as compared with those of the first year of the night school scheme.

Appropriation \$3,500 Number of teachers 32 Number of teachers. 32
Whole enrollment 1,241
Average enrollment 466
The curriculum below the high school
embraces arithmetic, including some knowledge of business forms, English, Including composition, reading, grammar and spell-ing, United States history and government of the United States, permanship, geography, and lectures in physiology and physics.

Lawyer and School Trustee.

Jesse H. Wilson, appointed trustee in September, 1893, was born in George own, now included in Washington City and has resided there ever since. He was graduated from the Columbian Col-lege in 1874, baving been also a tutor there from 1873 to 1876, when he was graduated from the law department of that university. He immediately began the practice of the law, which he has since pursued, and with success. He presents, as coursel, some of the best nancial institutions of this city. He is president of the Alumni Association of the Columbian University and a fusive of the Bumbarion Street Methodist Epis-

opal Church, Mr. Wilson's school district is Division No. 5, including Georgetown and that part of Washington west of Nicetcenth

He Supposed She Said It. Mrs. Mary A. Livermore is a woman re vered alike in her family and neighborhood, yet her greatness does not always appeal to a certain small boy who belongs in the vicinity. He was one day found by his

sister awinging on the gate. When she

With the Body Strong The Brain Is Active

PHYSICAL CULTURE AND WHAT IT HAS DONE FOR YOUTH.

Patient Efforts for the Bodily Welfare of Children in the Public Schools.

"Grace is to the body what good sense is to the -La Rochefo ucanid.

OR many years those having in charge the welfare of our children in school have realized that every thing possible should be done to make the conditions of the schoolroom favorable to health, to make it a place where bodily growth keeps pace with growth of mand. As educators, interested in the heat development of children, they appreciated the value of physical training as a factor in that development. They realized that with physical gain the possibility of moral and mental gain would be increased; that healthy child would have a greater chance for moral growth, and that with greater



physical power would come increased brain

The first attempt in the direction of physical training was made in the year 1883, under Superintendent Wilson. For two years instruction was given to the pupils and teachers of the normal school by Mr. Nisson, a trained gymnast. Although this was the only work done by a special teacher, gymnastic exercises were given heretofore by individual teachers in their schoolrooms to a greater or less extent. In the year-1885 physical training was introduced into all the white schools of the city and Distrett. This work was given in charge of the present director and two assistants. At that time only a few cities, sistants. At that time only a few cities, and these mostly in the west, had taken this

no systematic work had been done, it was

no systematic work and been done, it was necessary to give in all the grades simple exercises which would form a basis for more complex movements later on. Bad habits had to be eradicated and new ones formed.

Much time was spent in cultivating the habit of taking the best standing position,

Indian Clubs.

in deep breathing, in rising and sitting with

ease and in taking exercises which lead up to a good carriage of the body in walking. Special attention was devoted to expanding chests and straightening backs, movements being given which had a direct bearing on these parts. With these came exercises to

raise the ribs, increasing their mobility and thereby the capacity of the chest, In this connection many stretching exercises for all parts of the body were given to

counteract the tendency in every day life to overuse of the flexor and the neglect

of the extensor muscles.

With the growing powers of the children, each new year has seen exercises once taken in higher grades executed in lower

grades, until now in the sixth year of its development the work has become so

the work has become so thoroughly graded and systematized that it forms a broad working basis for the future. A noneuclature has been settled upon which simplifies the work for the regular teacher.

At the present time there are live grades of work beginning with simple natural movements having much of the element of play in the first and second

grades, continuing with precise gym

in the third and fourth, and the fifth and sixth grades, and culminating in the use of wands in the seventh grade and dumbbells in the eighth grade. This grading cor-responds with different degrees of bodily

levelopment.
In the first two years of school life the physical exercises form a connecting link between the plays and games of the



Flying Mercury.

kindergarten and the precise gymnastics be-

ginning in the third grade.

The mind of the child during these years, already much occupied in adapting their to the new environments of the schoolroom, is hardly equal to the effort of making the special muscular contractions given later. Advantage is taken of the delight that children are known to have in using the changing the grown to gave in using the imagination. An interested playful spiris with the greatest degree of freedom is encouraged, the physical exercise lesson, therefore, becoming practically directed play. Many of the lessons are connected stories, not only within the comprehension of the child, but known to him, being parts

of other work done in the school.

These movements, bringing into use all parts of the body, are natural ones which are likely to come into the daily life of the child and which present few difficallies to his mind. Free exercises are con-tinued through the third, fourth, fifth, and sixth grades. Upon reaching the sev-enth grade pupils begin to exercise with wands and continue with dumbbells in the eighth grade.

This year, at an expense of \$1,200, all rins year, at an expense of \$1,200, an eighth grade rooms were fitted up with dambbells, and all seventh grades with wands. Such light apparatus adds to pupils' interest in the work and gives an opportunity for more varied and vigorous movements.

The qualifications which warrant the ntroduction of an exercise into the schoolcoom are four in number. First, it must have a definite physical purpose. Second, it must be adapted to the age of the child.

dvanced stand. In less than five years been foremost in the training of the body,

the number of cities employing a special instructor of gynnastics increased from twelve to eighty-five. In the schools of the District there are now employed, besides those in the colored schools, a director and four assistants, with a special teacher for the high schools.

high schools.

From the beginning the work done under this head has grown steadily, changing and improving as the years have passed. During the first year all the teachers were called together to receive instruction in the elements of bodily culture, and in methods of giving the sample exercises then introduced. As the sample exercises then introduced. As converted to the sample exercises then introduced. As converted to the sample exercises then introduced. As converted to the sample exercises then introduced.

and motion

pendent on another.

systematic work is secured by applying the following tests, which seem necessary in a system of physical culture. 1. Is the

work based upon the needs and laws of the human body? 2. Does it aim to secure a

good carriage, a synynetrical development,

room one cannot hope for the mineciar development sequired in a gynnasium. A training which gives a child a good carriage, increases cless capacity, aids in attaining maximum growth, and gives such control over muscles as is necessary in the everyday, attaclific without waste. in the every-day acts of life without waste of energy, is all that can be expected,

Brain work and muscle work are so closely linked that it is hard to reparate them. A series of movements calling into play all the groups of muscles, these movements being symmetrical and executed with precision under the will, aids in bringing about an equal development of the brain desired. Exercise is thereby given to those motor centers which control movement. It is for this reason that muscular exercises become valuable as a means of education, fitting into the manual training and drawing work of our school Brain work and muscle work are so training and drawing work of our school

Such work in the highest sense is valuable on account of the actual brain develuent which results. Thus has physical training been placed in our schools as an underlying feature of education, comple-plementing and fitting into all the other school work.

Daily work in the schoolroom is given by the regular teacher after seeing a model lesson given to her pupils by one of the special instructors. A printed lesson sheet containing definite directions in re-gard to the exercises to be given is left with the teacher. Each schoolroom is visited regularly about once in twenty school days by the special teacher, who observes and crinicizes the work of the children, gives a new set of exercises to be drilled upon, and helps the teacher in all possible ways. All exercises are taken to words of com-



mand, precision of movement being insisted upon. In this way the work is valuable as a means of training herve centers.
These centres, acting when a movement is made, when that movement is repeated will act with more exactness, thereby forming habits. Thus control over the muscles and their obedience to the will

Such instruction is going on daily in every schoolroom in the District. Eight years of this work cannot fail to leave its beneficial influence on the theusands of children who attend our schools. The obvious results of such training as seen from the standpoint of health or harmonious development.

The Germans and Swedes have always cuting more accurately, getting more control

over their muscles, becoming less awkward

in movement, improving in carriage and moving more quietly. This improvement

moving more quietly. This improvement has been so gradual, that it is doubtful if we appreciate how much has been accomplished in the last six years. If was noticed by experts, that the candidates who presented themselves for promotion

to the normal school at the recent examination

All new eight-room school buildings

are automatically ventilated by the Smead

are automatically ventilated by the Smean system. In buildings not thus ventilated, windows are kept to wered an equal distance to admit air sufficient to preserve the purity of the same. The temperature of the room, as indicated by the thermometer, is noted at three stated times during the day and

recorded on the blackboard by a pupil,

thereby reminding the teacher of the condi-

truck, arms, and legs, increasing the blood supply in these respective parts, constitutes a health lesson.

In a system of exercises for the school-

Whatever measure of success has been sached, it is to the great body of mithful teachers in the District that most of the redit is due. It has been accomplished through their patient, untiring daily of forts.

Holding in view the results of the work of the list six years, we cannot but hope for a brighter lature when cound minds in sound bodies chall no longer be an deal, but an accomplished fact in our Wash ington schools, and when school days
will mean to our children a working toward
physical as well as nextal perfection.

REBECCA STONEROAD,
Director of Physical Training.

AMONG HIGH SCHOOL GIRLS.

Current notions about physical education are strikingly like those of old Aunt Charlotte, a negro woman, "away down South in Dixic." She had the most exhited opinion of her own individuality and originality. If a subject was being discussed Aunt Charlotie would be sure to state her own superior method. On one occasion her matress was talking of sending some of the children to school, when Aunt Charlotte interropted, as usual "Lor", Miss Nancy, what mek yer pay money for send de chile for school. I got one smart boy named Jones, but liarns him myself."

"Edt. Aun't Charlotte," replied the mistress, "how can you feach your child when you don't know one letter from an-

"How I tech him? I jes' make him tek the book an' set down on do flo' an' den I say, 'Jonas, you tek yo' eye offen dat book, much less leggo him, an' I skins you alive.'

The questions asked about the different systems of physical training lead us to believe we have many "Aunt Charlottes" in our midst. One parent wants to know "why do you lay so much stress upon physical culture flow; we didn't need it." Dear parent, if your teachers had realized that the body demands culture we would not now be toiling with your little Ruth's uneven shoulders and John's undeveloped chest.

chest.
Another asks (this is a fact): "What is this Delsarte, anyway? They tell me it makes thin people fat and fat people thin. Is it a patent medicine, an ounce of which is worth a pound of cure. All judicious physical work is medicine—be it French, Swedish, German or American. We might label this patent medicine. "The Freserver of Youth, the Destroyer of Self-Consciousness, the Sweer and Protector of Grace and Streegth," and under our glottous public school system it is free to all.

A doring father asks if we propose making a pugilist of his daughter because the girl insusts upon taking a vigorous thusing exercise every time she hears a certain

exercise every time she hears a certain familiar tune payed by a street organ. To him we reply "Not a tace of pugillass. The desire of the school authorines is to teach your children how to grow to health, grace and strength."

All the larger cities have introduced gym astics in the public schools. The child who enterstile first grade in the Washington public schools and graduates will have had nine years of mental and physical culture Surely the next generation of women should be ready, armed capea-pie for the bustle of be ready, armed capen-pie for the bustle of life. It is our purpose to convince every pupil that to produce mental cultivation without its correlative physical condition is to produce nothing less than failure. But the parents must help us. We are not merely fitting these girls for gradua-tion but for life, and the parents must see to it that the body is not starved in the endeavor to crain the mind. The report submarted to the principal of the high school will give some idea of our plan of work.

dan of work.

After putting forth the improvement over last year's work, the two central topics, "attention" and "concertation" are treated. Every set of exercise conders which can only be mastered by close mental and physical attention.

Exercises to promote graceful and cusy carriage, correct sitting and standing habita are inculcated. As soon as the exercises in harmonic police are under way the cor-set crusade begins, for stays and steels are not very comfortable or safe when worn by girls inchiging in the exercise meant to strengthen the back and chest. During the second quarter the spi-rometer, for testing the lung capacity, was used with spiendid results.

used with spienoid results.

The results unpressed the pupils as no arguments could. Advice was sought on the subject of deep breathing, and chest expansion exercises became popular. Our principal resurrected some old chest. lifts from the basement and had them showed in a marked degree the effect of placed in a well lighted room.

The third quarter was spent in exer-cises for general development-stretching and devitalizing. Running, light jumping and percussion

movements are popular and increase the circulation. The enthusiasm aroused v platform work gave an opportunity o the health teacher to bring before the indents the educational rather than the pectacular side of the work. They were led to consider the weakness of unusual "sparts" for show purposes.

and strength that comes from steady daily practice for mental and physical Out of this platform work grew a desire to improve. Special defects were noted and numerous applications came in for

prative exercises. Several girls who had pronounced hip or spinal trouble were sent to reliable physicians. Indian clubs were actually prescribed by

one physician; another one not so wise sent the following certificate "Please excuse Daisy from health exercises as they are inpurious to her." Rather a bull, but then he had never seen any of the ex-ercises, and law could he help squinting robotoricalle? rhetorically?

The gymnasium benches were brought The gymnatum centres were brought into requisition and trank-lifting exer-cises were taken to promote digestion and strengthen back and waist finiseles. The hast quarter's work has been de-roted to drills arranged for musical accompaniment. These orders are being nemorized to induce practice during va-

reate a lave for physical exercise and a oathing for that arch-enemy of mankind Now dear parents when you are tempted o overlook the child's physical interest emember this:

When we are unwilling to have past deas undergo rigid examination, when we cling to old customs and comforts in spite
of what science teaches us, we may know
old age is overtaking us."

E. R. WALTON,
Teacher of Health in the High School.

Even More Fatal Than a Physician. Fuddy-You say that Cheffery has slain his thousands. Has he been a soldier, or are nisting saints. Has he occur sound of are you only Joking and mean that he is a physician?"

Inddy—My dear fellow, I never wasmore serious in all my life. No, sir, he is ocither soldier nor doctor. He is the publisher of a

Not Competent to Judge. Miss Chatter-What foolkillers cigarettes are, Don't you think so, Mr. Noo-dleby? Mr. Noodleby-Weally, I couldn't say,
Miss Chatter. I never smoked one in my
life, dontcherknow.—Life.

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through our honest business methods, and the honesty of everything we offer for sale. When we announce a reduction, a reduction it

is, and everybody knows there's a bargain here waiting for him. So it is now. This season has been too backward for clothing. Here it is June, and the weather is still out of keeping with the times. We must force a clearing out of summer clothing-nothing shall be carried over. The stock is entirely new and we will never let it get behind that.

As to prices-our 35 PER CENT. REDUCTION from OUR prices is really more than that, if we took the prices of others for a standard. As this department has only been in existence about 4 months, we bought our stock when the tariff was off, and could afford to make our prices way down. All mixed fancy and plain cassimeresand black and blue cheviots, the productions of the best tailors-are in the sale. Everything has our guarantee,

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every lesson. Movements which bear cold.

authority have ordered that a new school building now in course of erection be furnished with adjustable seats and desks. With such furniture it is possible to fit each child so that his teat and desk will

tion of the room with respect to heat or

directly on the internal organs, aiding the involuntary muscles to do their work, are given. A group of such exercises successively calling into action the neck, To know that the health of our children is well looked after, one needs but to enter one of the many bright, well-vontilated first grade rooms and see a primary class at any branch of school work. The observer is struck with the freedom from restraint existing there. One section may be at the blackboard with chalk in hand, writing sentences with large, free arm movements. At another time pupils form groups around the number table, or possibly cluster around the mimber table, or possibly cluster around the teacher in a reading lesson. Variety of work and frequent changing of position is the rule of the school. In the daily programme, that work which requires reasoning or memory is followed by that which is distinctly, physical. Together with To know that the health of our children is is distinctly, physical. Together with the health lessons, the daily recess and an occasional outdoor trip for some definite purpose, the school is a place where parents can send their children, feeling that they are living under healthful conditions. It is a pleasure to state that those in sufficiently have ordered that a new school

Chest Lifts.